

## ***IF YOU DRINK & DRIVE. YOU LOSE***

**O**ver the Labor Day Holiday, there will be a National Enforcement Crackdown on drunk driving. Nationwide, a record number of 11,500 law enforcement agencies are participating in the coast-to-coast crackdown.

Anyone planning on drinking alcohol is encouraged to be responsible and designate a sober driver.

Impaired driving is one of America's most often committed and deadliest crimes. According to the Federal Bureau of Investigation's Uniform Crime Report, more than 1.4 million people nationwide were arrested in 2003 for driving under the influence.

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Dr. Runge released National Highway Transportation Association (NHTSA's) 2004 state alcohol-related fatalities statistics. Nationally, nearly 13,000 people died in highway crashes involving at least a driver or motorcycle rider with an illegal blood alcohol concentration (BAC) level of 0.08 or higher.

NHTSA projects that 510 people will die in automobile crashes dur-

ing the Labor Day holiday and about half (260) will be alcohol-related.

The crackdown is complemented by a \$13.9 million national advertising campaign that puts drivers on notice that if they drive impaired they will be caught and prosecuted. The Message is:

***IF YOU DRINK & DRIVE, YOU WILL LOSE".***

Driving with a blood alcohol level of .08 and above is illegal in every state," said Joseph Estey, President, International Association of Chiefs of Police. "It can cost violators over \$8,000 on bail, court, a lawyer and towing fees instead of on their last summer vacation. Refuse a sobriety test and you can lose your license on the spot and have your car impounded."

Studies from NHTSA show that Americans support tougher enforcement and consider drunk driving an important social issue, ahead of health care, poverty, the environment and gun control. Nearly 97 percent of Americans view drinking and driving by others as a threat to their families and themselves. The majority of Americans also support increased enforcement efforts like sobriety checkpoints to protect innocent victims from impaired drivers.

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"Nearly every half hour someone dies in an alcohol-related crash despite the fact that these tragedies are preventable," says Mothers against Drunk Driving (MADD) National President Glynn R. Birch. "High visibility enforcement is one "

NHTSA reminds everyone of these lifesaving tips:

- Be responsible and don't risk it ... you will be caught.
- If you plan to drink, choose a designated driver before going out.
- Take mass transit, a taxicab or ask a sober friend to drive you home.
- Spend the night where the activity is being held.
- Report impaired drivers to law enforcement.
- Always buckle up – it's your best defense against an impaired driver.

**IF YOU DRINK & DRIVE, YOU LOSE.** National Crackdown, launched in December 1999, is a comprehensive impaired driving prevention effort focused on conducting highly visible criminal justice-related efforts to deter impaired driving

If you choose to drink this holiday weekend, it is important to remember that a 12 ounce beer has the same amount of alcohol as a shot of whiskey and the same as a 6 ounce glass of wine.

Neither coffee nor a cold shower will help sober someone up. Only

of the single, most effective tools we have to reduce alcohol-related fatalities and injuries. We applaud the efforts of all law enforcement working the front lines of traffic safety to rid the roadways of drunk driving.

time can do that. Appointing a designated Driver, someone who has had no alcoholic drinks, is one key to arriving alive.

When your guests arrive, collect their car keys. That way, when they are ready to leave, they must get a second opinion on whether they're sober enough to drive home.

- Always serve food with alcohol, such as high protein and carbohydrate foods like cheese and meats. They stay in the stomach much longer, which slows the rate at which the body absorbs alcohol.
- Have several jiggers or self-measuring one-ounce bottle spouts at the bar to mix drinks. Guests are less likely to drink excessively when standard measures are used.
- If you serve alcoholic punch, use a non-carbonated base such as fruit juice. The body absorbs alcohol faster when mixed with carbonation.
- Serve non-alcoholic beverages. It's possible that some guests will not want to drink alcohol.

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- Do not force drinks on your guests or rush to refill their glasses when empty. Some guests may not wish to appear rude and will accept drinks they do not want.
- Stop serving alcohol about 2 hours before the party is over. Guests then have time for their bodies to absorb the alcohol. Serve coffee or other non-alcoholic beverages as well as food.

When the party's over:

- If one of your guests has been drinking and shouldn't drive, please don't give them back their car keys and let them drive. They could hurt themselves or others and maybe just a lit-

tle persuasion from you could mean the difference between life and death.

- Suggest that you or a sober friend drive your alcohol impaired friend home. Their car can always be picked up at another time.
- Suggest that your impaired friend stay overnight in your home. This may sound inconvenient, but you could be saving your friend's, or someone else's life.
- Have your friend taken home in a taxi. Pay for the ride. It's hard to object to a free ride.
- Whatever you do, don't give in. Friends don't let friends drink and then drive. In the morning, you'll have a safer and maybe an even closer friend.